

April 17, 2023

FOR IMMEDIATE RELEASE

Contact: Polly Jones
236-7091, pollyj@coastalmountains.org

Happy Wanderers Hike: Beech Hill Preserve

Camden – Join Coastal Mountains Land Trust and Maine Health's Community Health program for a *Happy Wanderers Hike* at **10:00 a.m. on Thursday, May 4** at Beech Hill Preserve in Rockport.

May is a special time at Beech Hill, as many migratory birds arrive to the trees and fields along the hillside. On this hike, we will be keeping our eyes peeled and our ears out for sightings and songs of migratory birds. Extra binoculars will be available for those who wish to use them.

All of the Happy Wanderers hikes are approximately 2 miles long. We will be meeting at the Beech Hill Road kiosk (the address for the parking lot is 316 Beech Hill Rd.)

Directions:

From Camden: go south on Route 1, turn right onto Beech Hill Road. Parking lot on the left in 1.6 miles.

For this special Happy Wanderers hike, we will be identifying and appreciating the many migratory birds of Beech Hill!

Questions? Email Maeve Cosgrove at maevec@coastalmountains.org.

Go to www.journeytohealth.coursestorm.com to register.

Happy Wanderers meet on the first Thursday of each month. The hikes range in location from Rockport to Stockton Springs. Each outing is led by a Coastal Mountains Land Trust and Maine Community Health staff member. We hope you can join us!! For a full 2023 Happy Wanderers schedule, visit www.coastalmountains.org.

Coastal Mountains Land Trust has worked since 1986 to permanently conserve land to benefit the natural and human communities of the western Penobscot Bay. The Land Trust has protected over 13,000 acres, offering 50 miles of trails for public recreation.

Maine Community Health programming is offered by PenBay Medical Center's Community Health Improvement Team and is focused on preventing and reducing chronic disease and promoting the adoption of healthy lifestyles.

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Coastal Mountains Nature Program walk: *Birds of Beech Hill*

Camden – Coastal Mountains Nature Program presents *Birds of Beech Hill* on **Tuesday, May 9th from 7:30a.m. to 9:30a.m.** at Beech Hill Preserve in Rockport. The popular Coastal Mountains Nature Program is a series of monthly naturalist-led walks and talks exploring the natural history of Mid-Coast Maine.

Midcoast Maine is a summer home and major migration hub for so many amazing species of birds! May marks the return of several different songbirds, seabirds, and shorebirds to our coast and forests. Citizen scientists and birders have reported 134 species of birds at Beech Hill Preserve.

Join Beech Hill birding authority and photographer Brian Willson as he identifies Beech Hill's our year-round avian neighbors and visiting summer species! Extra binoculars will be available.

Contact maevec@coastalmountains.org to register or with any questions.

Directions:

From Camden: go south on Route 1, turn right onto Beech Hill Road. Parking lot on the left in 1.6 miles.

Meet at the Beech Hill Preserve Trailhead at 316 Beech Hill Road.

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The Coastal Mountains Nature Program is hosted by Coastal Mountains Land Trust. This program hosts walks and talks exploring the natural history of Mid-Coast Maine to educate the public about environmental issues and increase opportunities for residents to explore the outdoors.